

# Speak up or Stay Silent?

If not sure, ask yourself

## S

Is it **Safe** to speak?

Is it **Sensible** to speak?

Is **Silence** effective

## C

What are the likely **Consequences** ?

What does my **Conscience** say?

How much do I **Care**?

## I

What is **Important**?

Do I have all the **Information**?

What **Impact** do I want?

## M

What is my **Motive** ?

Is this the best **Method**?

How do I make my **Meaning** clear?

We can say what we need to say.

We can gently, but assertively, speak our mind.

We do not need to be judgmental, tactless, blaming or cruel  
when we speak our truths.

Melody Beattie

© Nancy Radford 2018

info@nancyradford.com